

MEAL PLAN

RECOMMENDED FOODS

PROTEINS

(Meal portions are palm sized; while snack portions are one half palm sized. Wild caught, free range, organic sources are preferred over farm raised. Additional proteins may be added if you are still hungry.)

RECOMMENDED FOODS

IN.FORM shakes proteins (pea, whey, soy),
fish/shellfish: salmon, halibut, herring, sardines, tuna, cod, etc.
wild game: venison, elk, buffalo, bison, ostrich
beef and lamb
poultry (skinless): chicken, turkey, cornish hens, quail, etc.
eggs (2 large eggs are a palm sized serving)
cheeses: cottage cheese: 6 ounces low fat cheese: cheddar, colby jack, mozzarella, swiss, etc. (2 ounces)
parmesan/romano (6 tablespoons grated)
vegetables sources: tofu, tempeh, seitan, veggie burgers

NUTS

(One serving per day may be substituted for a snack sized protein portion)

RECOMMENDED FOODS

Almonds: 16 whole
brazil nuts: 6 whole
cashews: 14 whole
hazelnuts: 14 whole
peanuts: 20 whole
pecans: 10 halves
pine nuts: 1½ tablespoons
pistachios: 2 tablespoons
seeds - pumpkin, sesame, sunflower: 2 tablespoons
walnuts: 10 halves
nut/seed butters (from above list):
1 tablespoon
coconut (unsweetened): 3 tablespoons, grated

NON-STARCHY VEGETABLES/GREENS

(Vegetables that are finely chopped or tightly packed should be consumed in ½ cup portions. Larger vegetables, loosely packed like broccoli or cauliflower florets, should be consumed in 1-cup servings. Generally, cooked vegetables should be ½ cup portions.)

RECOMMENDED FOODS

Artichoke, asparagus, bamboo shoots, bean sprouts, beets (¼ cup), bok choy, broccoli, broccolini, brussels sprouts, carrots, cauliflower, celery, cucumber, eggplant, fennel, garlic, green beans, jicama, leeks, mushrooms, okra, onions, peppers, radishes, scallions, shallots, snap peas, snow peas, squash (spaghetti), pumpkin, yellow), tomatoes, turnips, water chestnuts, zucchini.
Greens: arugula, beet greens, cabbage, chicory, collard greens, dandelion, endive, escarole, kale, lamb's lettuce, mustard greens, parsley, radicchio, red/green leaf lettuce, romaine, spinach, swiss chard, turnip greens, watercress

STARCHY VEGETABLES

(Finely chopped or tightly packed vegetables are measured in ½ cup portions; larger vegetables, loosely packed are measured in 1 cup portions)

RECOMMENDED FOODS

Acorn squash, butternut squash, parsnip, plantain, potato (purple, red, sweet, yellow), rutabaga, yams

FRUITS

(Avoid all dried fruits and fruit juices.)

RECOMMENDED FOODS

Apple: 1 small
apricot: 2 small
banana: ½ small
berries (blackberries, raspberries, strawberries): ½ cup
blueberries: ¼ cup
cherries: 15
grapefruit: ½ medium
grapes: 15
kiwi: 1 small
mango: ½ small
melon: ½ cup
nectarine: 1
small orange: 1 small
peach: 1 small
pear: 1 small
pineapple: ½ cup
plums: 2 small
tangerines: 2 small

WHOLE GRAINS

(Only one serving of whole grains is allowed daily. Avoid all refined grains - most breads, pastas, tortilla chips, etc.)

RECOMMENDED FOODS

½ cup serving size:
amaranth, rice (basmati, black, brown, purple, red, wild), barley, couscous, spelt, pasta (whole grain)
½ cup serving size:
buckwheat, kasha, millet, oats (rolled, steel-cut), quinoa, bulger, kamut, whole wheat cereal
sorghum: ⅛ cup
teff: ¾ cup
semolina: ⅛ cup

LEGUMES

(Serving size is ½ cup, cooked.)

RECOMMENDED FOODS

Black soybeans, edamame, dried beans (including lentils and peas), chickpeas, green peas.

DAIRY

RECOMMENDED FOODS

Milk (cow/goat): 1 cup (unsweetened almond, coconut, oat, hemp): 1 cup
yogurt (plain dairy, greek, or coconut): ½ cup

OILS AND FATS

RECOMMENDED FOODS

Avocado: 1/8 medium flax seeds (ground): 1 tablespoon
olives (green or ripe/black): 8-10 medium
oils (cooking, salads, marinades): 1 teaspoon (coconut, grapeseed, palm, avocado, canola, flaxseed, extra virgin olive, rice bran, safflower, sesame, walnut)

BEVERAGES

RECOMMENDED FOODS

Water and herbal teas: unlimited
coffee or tea (black, green, white): 1 cup caffeinated or decaffeinated

CONDIMENTS/SWEETENERS

RECOMMENDED FOODS

All fresh/dry herbs: dill, oregano, basil, lavender, tarragon, etc.
all spices: cinnamon, chili powder, pepper, ginger, etc.
mustards, horseradish, lemon/lime juice,
salsa, vinegars (all types) (unsweetened), soy sauce, fish sauce (unsweetened)
stevia